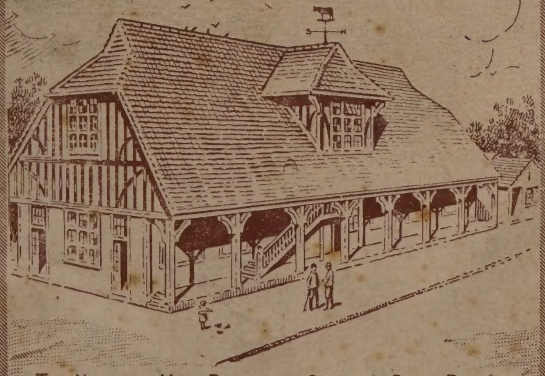
The MILK COOKING BOOK

100 GOOD MILK RECIPES

With the Compliments of

BARKER'S CREAMERIES

60, Cambridge Road.



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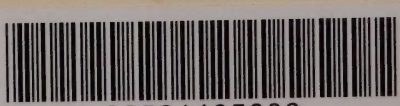
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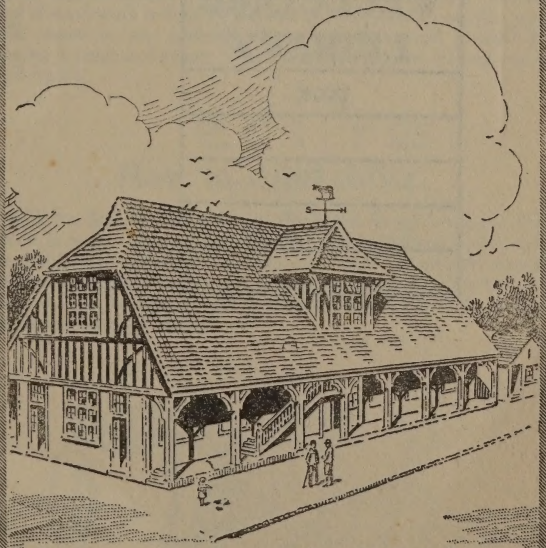

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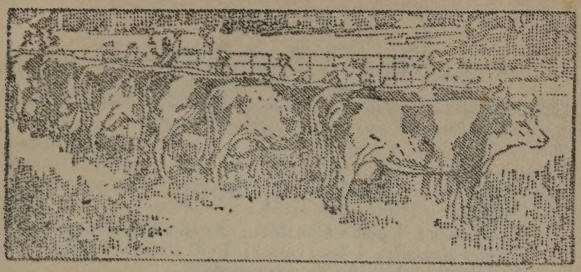


Introduction

Care of Milk in the Home

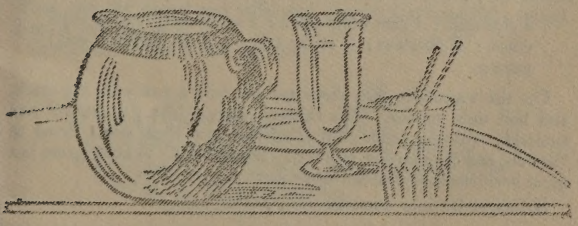
THERE are three simple rules that every housewife should hang on the wall of her larder, or over the shelf where the milk is kept :—

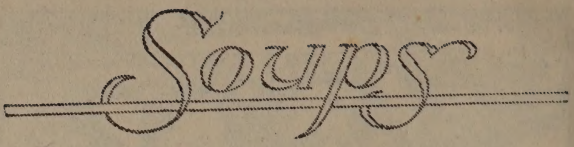
1. Keep Cool.
2. Keep Clean.
3. Keep Covered.

As soon as the milk comes from the dairy, pour it into a jug that has been scalded in boiling water, rinsed with cold, and allowed to get quite cold. Cover this jug with a plate—also scalded, rinsed and cooled—and stand in a basin of cold water. Never leave the cover off the jug, and keep the water in the basin cool and fresh. A great deal of hard work is done by farmers and dairymen to see that your milk comes to you perfectly clean—help them and yourself by *keeping* it fresh and sweet. The little extra trouble it costs you is well repaid.

How to drink Milk

Milk is a delicious and satisfying drink, but do not forget that it is a food as well. When you drink milk—and you cannot easily drink too much of it—drink slowly, through a straw, to give the gastric juice plenty of time to deal with it, and eat a couple of biscuits or a piece of bread and butter with your morning glass of milk, or your cup of hot milk at bedtime.





Almond Soup

1 pint milk; 1 pint white stock; 3 ozs. sweet almonds; 6 bitter almonds; 1 head celery; 1 gill cream; 1 onion; 1 oz. butter; 1 oz. flour; salt; pepper.

Blanch and pound the almonds, or run them through mincer. Cut up the celery and onion, and put altogether in pan with the stock and simmer gently 1¼ hours. Rub through sieve. Put butter into another pan, add flour and mix well. Add the sieved purée and the milk. Bring to the boil, keeping it well stirred. Season well. Put the cream into heated tureen. Pour the soup over, stirring carefully, and serve.

Sufficient for four persons.

Artichoke Soup

2 lbs. Jerusalem artichokes; 1 oz. butter; 1 oz. flour; 1½ pints milk; ½ pint water; salt and pepper.

Cook the artichokes in just enough milk and water to cover them. Rub through a sieve. Melt the butter in a large saucepan, add the flour and work together with a wooden spoon until all the butter is absorbed. Draw to the side of the stove and add gradually 1 pint of milk, stirring all the time. Then pour in the artichoke purée and bring to the boil. Simmer very gently for five or ten minutes and serve.

Cheese Soup

1½ pints milk; 1 bay leaf; 2 onions; 1 oz. butter; 1 oz. flour; 3 ozs. grated cheese; salt and pepper.

Chop the onions and fry in the butter. Add the milk and bay leaf. Bring to the boil. Add the flour that has been mixed very smoothly with a little milk. Simmer for fifteen minutes, stirring repeatedly. Add the cheese grated. Season well. Boil up again and serve.

Sufficient for three persons.

Cream of Rice Soup

1 pint milk; 1 pint white stock; 1 oz. ground rice; 1 large onion; 2 potatoes; 2 sticks celery; ½ oz. butter; salt; pepper.

Cut the vegetables into slices and put into a pan with the stock, and boil until tender. Rub through sieve. Mix the ground rice smoothly with the milk. Put altogether into clean pan. Bring to the boil, and cook for five minutes. Season well. A little cream is a great improvement if added when just ready to serve.

Sufficient for four persons.

Fish Soup

1 pint milk; 1½ pints fish stock; 1 oz. sago; ½ oz cornflour; chopped parsley; salt; pepper.

Boil the stock. Add the cornflour mixed with a little milk. Also add the sago. Simmer fifteen minutes. Add the milk and about a teaspoonful finely chopped parsley. Season to taste. Serve with small dice of fried bread. The fish stock can be made from bones of fish, chopped, 1 bay leaf, sprig of thyme, 8 peppercorns, 2 or 3 sprigs parsley, 1 sliced onion, and 1 quart water boiled gently for half to three-quarters of an hour.

Haricot Soup

1 pint milk; 1 pint water; ½ pint Haricot beans; 1 onion; ½ oz. dripping; salt; pepper.

Soak the beans in cold water overnight, with a pinch of carbonate of soda. Next morning melt the dripping in a saucepan. Add the onion sliced and the drained Haricot beans. Cook for five minutes with lid on. Then add the water and simmer for three hours. Rub through sieve. Add the milk. Season to taste. Serve very hot with fried croutons.

Sufficient for four persons.

Milk Soup

1 pint water; 1½ pints milk; 1½ lbs. potatoes; 2 onions; 1 carrot; 1 bay leaf; stick of celery; salt and pepper.

Wash and peel the vegetables, cut in slices and cook all together with bay leaf in water and ½ pint milk. When the potatoes and celery are soft, remove the carrot and the bay leaf, which are only used for flavouring, and rub the other vegetables through a sieve. Add the rest of the milk and boil up. This is a nourishing and delicious summer soup.

Potato Soup

1 lb. potatoes; 2 onions; 1 oz. butter (margarine or clarified dripping can be used); 1 pint milk; ½ pint water; salt and pepper; 1 tablespoonful sago.

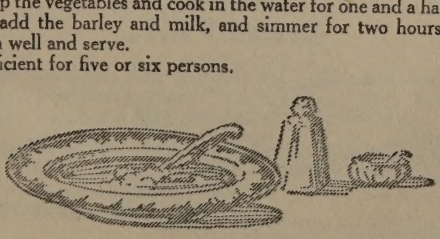
Melt the fat in a large saucepan, peel and slice the potatoes and onions, and cook them gently in the fat for ten minutes, covering the saucepan and shaking from time to time. Pour in the water and cook until the vegetables are tender. Rub through a sieve or colander. Return the purée to a clean saucepan. Add milk, seasoning and tapioca, and cook until the latter is clear (about fifteen minutes).

Soup Maigre

2 pints milk; 1½ pints water; 2 carrots; 2 turnips; 2 onions; 2 ozs. pearl barley; 2 or 3 sticks celery; 1 leek; salt; pepper.

Chop the vegetables and cook in the water for one and a half hours. Then add the barley and milk, and simmer for two hours longer. Season well and serve.

Sufficient for five or six persons.



Spring Soup

The green outside leaves of lettuce, the white heart of a young cabbage, a young carrot, half a turnip and a few spring onions make this soup. Wash the green vegetables thoroughly ; cut in fine shreds. Put them into a saucepan with the carrot and turnip, cut in dice, the spring onions, an ounce of butter, salt and pepper, and a pint of cold water. Cook gently for forty minutes, then add a pint and a half of milk and bring to the boil. Serve very hot.

Tomato Soup

2 lb. fresh tomatoes ; 1 onion ; 1 oz. butter, margarine or beef dripping ; 1 dessertspoonful cornflour ; ½ pint water ; 1 pint milk ; stick of celery, and a little parsley to flavour ; salt and pepper.

Peel and slice the onion, cut the tomatoes in quarters and put into a large pan with fat, celery cut in small pieces, and parsley. Put the lid on and cook the vegetables a few minutes in the fat. Then take off the fire, and add the water and seasonings. Cook gently for half an hour, then remove parsley and celery and rub through a sieve. Return to the pan and bring to the boil. Blend the cornflour with the cold milk, then mix with a little of the hot soup. (This prevents the cornflour forming into lumps when poured into the soup.) Pour this mixture into the soup, add the rest of the cold milk and bring to the boil. Cook gently for ten minutes, stirring all the time, and serve very hot.

Vegetable Soup

2 carrots ; 2 turnips ; 1 leek ; 1 onion ; 1 stick celery ; 1 bayleaf ; 1 oz. dripping, or butter ; 1½ pints boiling water ; 1 pint milk ; 1 oz. flour ; salt ; pepper.

Wash, prepare and cut the vegetables into strips. Put them into a pan with the butter or dripping, and cook for five minutes with the lid on, shaking occasionally. Then add the boiling water and bay leaf. Boil very gently until the vegetables are all tender. Mix the flour very smoothly with the milk. Add to the soup. Bring to the boil, and stir for five minutes. Season to taste and serve very hot.

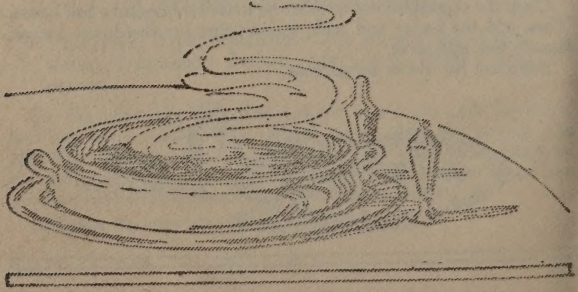
Sufficient for four or five persons.

Vegetable Marrow Soup

1 vegetable marrow ; 1½ pints milk ; 2 onions ; ½ oz. butter ; ½ oz. flour ; salt ; pepper ; parsley.

Peel and slice the marrow and boil with the onions until tender. Drain and rub through sieve. Add the milk and butter. Mix the flour with a little of the milk until smooth, add this also. Bring slowly to the boil, stirring all the time, Then simmer for five minutes. Season to taste. Serve very hot with some finely chopped parsley added when about to serve. Serve some fried croutons of bread separately.

Sufficient for four persons.



Fish

Fish Cooked with Milk

Baked Fillets of Fish

Filleted plaice or sole; salt and pepper, cayenne; lemon juice; 1 small onion.

Fold the fillets into a neat shape. Sprinkle with salt, pepper, cayenne, and lemon juice. Lay them on a greased baking tin or a plate. Lay a ring of onion on each, cover with greased paper, and cook in a moderate oven for twenty minutes.

Creamed Haddock

1 fair-sized smoked haddock; 1 oz. margarine or butter; 1 tablespoonful flour; ½ pint of milk; 1 tablespoonful breadcrumbs; 1 dessertspoonful grated cheese.

Bake the fish in the oven in enough milk and water to cover, with half the butter or margarine dotted over it in small pieces. When cooked, strain off the liquor, remove bone and skin, and flake the fish with a fork. Make the flour into a thin cream with a little cold milk in a basin, add the rest of the milk to the fish liquor and bring to the boil. Pour over the blended flour, stirring well, return to the saucepan, and boil for five minutes, stirring all the time. Add the fish, pour the mixture into a fireproof dish, cover with breadcrumbs, scatter the grated cheese over, dot with the remaining butter, and brown in a quick oven. Any white or cold cooked fish may be served in this way.

Fish Cream

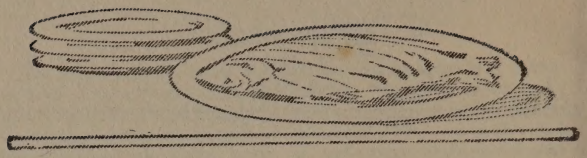
4 ozs. cooked white fish, boiled and flaked; 1 oz. butter; 2 ozs. breadcrumbs; ½ pint milk; 1 egg; pepper, salt and cayenne.

Mix fish and breadcrumbs together. Add the butter, make the milk hot and pour over. Beat well. Beat the egg slightly and add. Season well. Put into a buttered dish or basin. Cover with greased paper and steam half an hour. Turn out and serve with white sauce, parsley or anchovy sauce.

Fish Custard

(A light nourishing dish—excellent for invalids and children.)
1 lb. filleted fresh haddock; breadcrumbs; 1 egg; ½ pint milk; 1 oz. butter; salt and pepper.

Lay the fillets in a greased dish and scatter breadcrumbs over thickly. Beat the egg with the milk. Add a little salt and pepper. Pour over the fish, add the butter in small pieces, and bake half an hour in a fairly quick oven.



Fish Stewed in Milk

1 lb. white fish—cod, hake, halibut or skate; 1 oz. butter; 1 oz. flour; salt and pepper; 1 bay leaf; chopped parsley; 1 pint of milk.

Wash the fish, sprinkle with salt and pepper, lay it in a large pie-dish, and add enough milk, or milk and water, to cover. Add the bay leaf, cover with another pie-dish and cook in a moderate oven for about half an hour. Remove the fish and keep hot between two plates in the oven. Blend the flour smoothly with a little cold milk, then put into a saucepan with the butter. Strain the liquor in which the fish was cooked into the pan. Add the butter, and cook for five minutes after it comes to the boil. Lay the fish on a hot dish, and pour the sauce over. Sprinkle with chopped parsley and serve.

Fricassee of Fish

1 lb. cooked fish; 1 oz. butter; 1 oz. flour; 2 gills milk; lemon juice; salt; pepper; mashed potatoes; hard-boiled egg.

Take away any skin or bone from fish and flake it roughly. Make a sauce of the butter, flour and milk by putting the butter into pan, adding flour, and mixing well over fire, adding milk all at once, and stirring until boiling. Season well. Add 1 teaspoonful of lemon juice, or to taste. Add the fish to the sauce. Put into pie-dish and force a border of nicely-mashed potatoes around the edge. Put in hot oven for a few minutes, just to lightly brown the potato. See the fish mixture is in pyramid form in centre and garnish this with flaked yoke of hard-boiled egg or lemon and parsley.

Sufficient for four or five persons.

Scalloped Fish

½ pint milk; 1 oz. butter; 1 oz. flour; salt; pepper; anchovy essence; cold cooked fish; breadcrumbs.

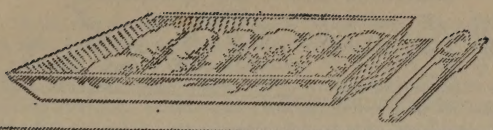
Put butter into pan, Add flour and mix well over fire. Add milk all at once and stir until boiling. Add anchovy essence and salt and pepper to taste. Butter some scallop shells. Remove bones, and skin, from fish, and flake it, and mix it into the sauce. Put some of this mixture into each scallop shell. Sprinkle with breadcrumbs. Put small pieces of butter on top and bake in a hot oven until a nice golden brown. The mixture may be put into a pie-dish and then sprinkled with crumbs and a little grated cheese may be added if liked.

Sole à la Crème

1 sole filleted; ½ pint milk; 1 oz. butter; 1 oz. flour; lemon juice; salt and pepper.

Wash and dry the sole fillets. Season with pepper and salt, and roll up with the skinned side inside. Cook in milk for ten minutes slowly. Then remove and put on a hot dish, and keep hot. Put butter into small pan. Add flour. Mix well. Add the milk fish was cooked in. Stir till boiling. Cook for few minutes. Season well, and add lemon juice to taste. Strain over the fish. Sprinkle with corraline pepper, and garnish with sprigs of parsley. Fillet plaice or whiting can be used instead of sole.

Sufficient for two persons.



Souchets of Fish

Use flat fish for this dish, small plaice, dabs or small lemon soles, and leave them whole. Put into a saucepan with enough milk and water to cover, a few onion rings, some strips of carrot, and a sprig or two of parsley, salt and pepper. Cook gently for twenty minutes. Serve whole in hot soup plates, one fish to each person.

Stewed Plaice

1 plaice; 2 gills milk; 1 oz. butter; 2 tablespoons bread-crumbs; salt; pepper; bay leaf; blade of mace; chopped parsley.

Clean fish well. Cut off the head and fins. Then cut the fish right through the bone in four pieces. Put the milk, mace and bay leaf into saucepan and lay the fish in it. The milk should just cover the fish, so add more if required. Season with pepper and salt. Cover pan and stew very slowly for twenty minutes if a thick fish. Then carefully lift out the fish, arranging on dish in its natural shape, and if possible, remove the black skin. Keep hot over pan of water. Take out the bay leaf and mace from milk. Add the breadcrumbs and butter, and stir over fire until it thickens. Add about a dessert-spoonful of chopped parsley. When ready to serve see that it is seasoned sufficiently. Pour over fish and garnish with sippets of toast and sprigs of parsley. Time to cook, thirty minutes.

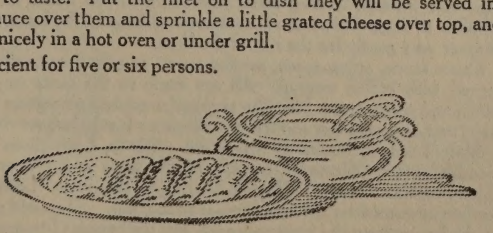
Sufficient for three or four persons.

Whiting à la Mornay

3 good sized whiting; 3 ozs. butter; 1 oz. flour; ½ lemon; 2 shallots; 1 bay leaf; parsley; 2½ ozs. cheese; ¾ pint milk; 1 glass white wine; salt and pepper.

Skin and fillet the fish. Boil the bones with bay leaf, and shallots or an onion sliced in the milk. Trim the fillets and fold them in half, and put them on a buttered baking tin. Season with salt and pepper and some chopped shallot. Add the wine. Cover fish with buttered paper and cook for fifteen minutes in a moderate oven. Make a sauce with the butter, flour and milk that bones were boiled in. Cook for five minutes. Add the cheese grated. Mix well and season to taste. Put the fillet on to dish they will be served in. Pour sauce over them and sprinkle a little grated cheese over top, and brown nicely in a hot oven or under grill.

Sufficient for five or six persons.



Meat Dishes

Meat Dishes made with Milk

Blanquette of Veal

½ lb. cooked veal; 1 oz. flour; ½ pint milk; small blade of mace; 1 oz. butter; salt; lemon juice; mashed potatoes.

Cut veal into dice, taking away any skin or gristle. Melt the butter in small pan. Add flour and mix well. Add milk all at once and stir until boiling, using wooden spoon. Add salt to taste and the mace, and simmer gently for five minutes. It should be very smooth and creamy. Add the veal and let it get hot very slowly. Arrange a border of nicely mashed potatoes on a hot dish. Add lemon juice to taste to the veal, and serve in the centre of the potato border.

Bobotjes

1 lb. cold meat; ¼ lb. stale bread; 1½ gills milk; 1 onion; 1 tablespoonful curry powder; juice half a lemon; salt; pepper; 1 egg.

Break up crust and crumb of bread and soak in the cold milk until soft. Then beat up with a fork. Mince the onion and fry it in a little dripping. When light brown, add the curry powder and fry for three minutes, stirring all the time. Mince the meat, add the bread, onion and strained juice of half a lemon. Season well with pepper and salt. Mix with beaten egg. Put the mixture in small buttered dariole moulds that are coated with browned breadcrumbs and bake in good oven for twenty minutes. Turn out on to hot dish, and serve coated with tomato or brown sauce. A little ham or bacon added is an improvement.

Boiled Mutton and Caper Sauce.

Leg of mutton; 2 carrots; 2 turnips; 2 onions; enough boiling water to cover; salt and pepper.

Weigh the meat, and for cooking allow twenty minutes to each pound and twenty minutes over. Wipe the meat with a damp cloth, peel and prepare the vegetables. Put all together into a large saucepan, with enough boiling water just to cover the meat. Boil five minutes to close the pores of the meat and keep in the juice. Then simmer very gently for the rest of the time.

Caper sauce, onion sauce, parsley sauce, or celery sauce should be served with boiled mutton. All are made in the same way. For onion and celery sauce have the vegetables cooked separately beforehand and chopped, and add them to the sauce just before serving.

Melt 2 ozs. of butter or margarine. Stir in 2 ozs. flour with a wooden spoon. Draw to the side of the stove and add gradually three breakfast cups of cold milk, stirring all the time. Cook gently for five minutes after the sauce comes to the boil. Then add a cupful of the liquor from the meat saucepan and the capers (2 teaspoonfuls) or parsley, chopped finely. Pour over the meat or serve in a sauceboat separately.

Chicken or Veal Mousse

6 ozs. raw chicken or veal, minced ; ½ oz. butter or margarine ; ½ cupful of thick white sauce ; ½ cupful of milk ; 1 egg ; salt and pepper ; chopped parsley.

Mince the meat finely, either with a knife or by passing through a mincing machine. (Cold cooked chicken or veal may be used, and cold white sauce left from previous dish, or cold bread sauce.) Put meat, sauce, seasonings, chopped parsley and butter all together in a basin and mix well with a wooden spoon. Add the milk and the beaten egg. Pour into a buttered basin, or into small moulds or cups, and steam gently twenty to thirty minutes for small moulds, or if cooked meat is used. Forty minutes to an hour will be required for a large mould, if made with raw meat. Turn out and coat with good white or tomato sauce.

Rabbit à la Crème

Rub a rabbit all over with salt, pepper and some mixed herbs. Then bake in moderate oven in baking tin with nice lump of dripping until nicely browned. Then baste with a teacupful of milk and continue the baking and basting until quite tender. Then cut up and place on hot dish. Bring the sauce in baking tin to the boil. Mix one tablespoonful of flour with a little cold milk. Mix this in the sauce with a small grated onion and more seasoning if required. Stir until it thickens. Return the rabbit joints to it and gently simmer for half an hour longer. Turn on to hot dish and garnish with fried breadcrumbs. This is an extremely delicious way of cooking rabbit.

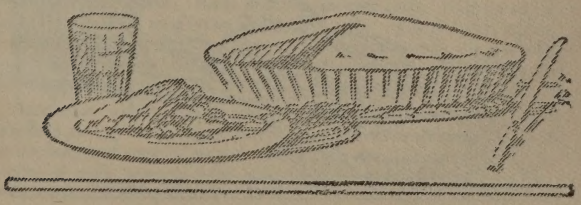
Roast Chicken with Bread Sauce.

Make 2 ozs. of beef dripping hot in a baking dish. Stand the chicken, ready trussed for roasting, on a rack in the dish and baste well with hot fat before putting it into the oven. Cook in a fairly hot oven for half to three-quarters of an hour, basting frequently. Five minutes before serving, dredge the breast lightly with flour, and baste well before putting back on the oven shelf. Serve with gravy and bread sauce.

Stewed Chicken

1 chicken ; 5 tablespoonfuls breadcrumbs ; 2 tablespoonfuls suet, chopped ; 1 tablespoonful chopped parsley ; ½ teaspoonful mixed herbs ; 1 egg ; salt ; pepper ; 1 oz. flour ; milk.

An old fowl would do quite well for this dish. Have it trussed for boiling. Mix together the crumbs, suet, parsley and herbs. Season well with salt and pepper. Mix with the egg, beaten, and some milk if necessary. Fill the bird with this stuffing, then put it in a casserole and cover with 1 quart of milk and water, a cut-up carrot and 1 onion, and simmer very gently until the bird feels tender—about one and a half to two hours. The time will depend on the age of the bird. When ready lift on to hot dish, removing any skewers or string. Mix the flour with a little milk until smooth, and mix into about 1 pint of the stock the bird was cooked in. The sauce should be as thick as cream. Strain over the chicken, and garnish with finely-chopped parsley.



Toad-in-the-Hole

½ lb. breast of mutton, or neck of mutton; ½ lb. flour; 1 pint of milk; 1 egg; pepper and salt.

Cut the meat in convenient pieces, sprinkle with salt and pepper, and put in a greased pie-dish. Sift the flour into a basin and break the egg into it. Add the milk gradually. Mix and beat with a wooden spoon to make a smooth batter. Beat well with a spoon for ten minutes, and let the batter stand for at least half an hour. Then pour over the meat and bake in a fairly hot oven for twenty-five minutes.

Steak, small chops or sausages can be cooked in the same way. Allow three-quarters of an hour for steak, as it takes longer to cook. The same batter can be used for Yorkshire pudding to serve with roast beef.

Tripe and Onions

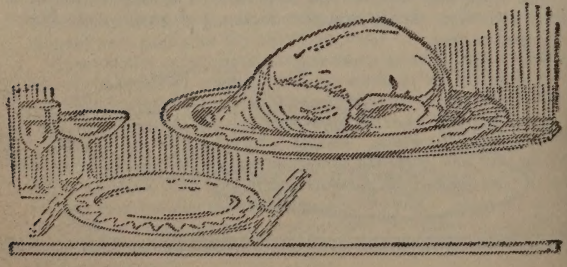
1½ lbs. tripe; 2 Spanish onions; 1 oz. butter; 1 oz. flour; ¾ pint milk; salt; pepper.

See that the tripe is perfectly clean, cut it into small neat pieces, cover with cold water and bring to the boil. Then simmer for fifteen minutes. Pour off this water, place the tripe in clean pan with the onions very thinly sliced, and the milk, and simmer very gently for about two hours. Melt the butter in a pan and add the flour. Mix well and strain on to it the milk from the tripe. Stir until boiling. See that it is quite smooth. Season nicely with salt and pepper. Add the tripe to the sauce and simmer for about fifteen minutes longer. Serve on a hot dish and garnish with sippets of toast.

Veal Pudding

¼ lb. lean veal; ¾ pint milk; 2 ozs. rice; 1 egg; salt; pepper; bacon; lemon rind; mustard.

Run the veal and bacon (one or two rashers) through mincer, and line a buttered pie-dish with the minced meat. Put the milk and a strip of lemon rind into saucepan and when boiling add the rice, which should be washed well and drained. Simmer until the rice is tender. Remove lemon rind. Turn it into a basin and season well with pepper, salt and mustard. Mix with the egg well beaten. Turn into pie-dish with the meat. Put a few tiny pieces of butter on top, and bake in moderate oven one hour.



Vegetables

Vegetable Dishes made with Milk

NOTE.—Cook all white vegetables—celery, turnips, artichokes, sea-kale, salsify, onions, etc., in milk and water to preserve their colour and to give added food value.

Artichokes with Eggs

4 hard-boiled eggs; 8 artichokes; 2 ozs. of butter; 1½ ozs. of flour; ½ pint of milk; Parmesan cheese.

Make a sauce by melting the butter in a pan. Add the flour and mix well. Pour on the milk all at once, and stir until boiling, and then cook for a few minutes. Season with salt and pepper, and a squeeze of lemon juice. Cook the artichokes and cut them into slices and place in a fireproof dish. Shell the hard-boiled eggs, and chop them up, and then place on top of the sliced artichokes and cover with a good sprinkling of Parmesan cheese, and then pour over the whole the sauce. Put some breadcrumbs and a few tiny pieces of butter, and make very hot in the oven.

Beetroot and Potato

1 or 2 cooked beetroots; 2 onions; 2 ozs. of butter; 1 tablespoonful of flour; 1 dessertspoonful vinegar; 1 pint of milk; 1 teaspoonful of sugar.

Slice onion very thinly. Put into pan with the butter and pepper and salt, and cook for ten minutes not browning them. Mix in the flour and then the milk and stir until boiling. Then add the beetroots, cut into thin neat pieces. Cover the pan and cook slowly twenty minutes. When ready add the vinegar and sugar. Arrange a border of mashed potato on a hot dish. Put the beetroot in centre and sprinkle with finely-chopped parsley.

Cauliflower au Gratin

Boil the cauliflower, which should have all but the smallest leaves removed, until tender. Keep hot in a covered dish. Make a sauce with 1 oz. flour, 1 oz. butter and ¾ pint milk. When made, stir in 2 tablespoonfuls of grated cheese and season with salt, pepper and cayenne. Pour over the cauliflower, scatter a little grated cheese on the top, brown under a red-hot grill and serve very hot.

Artichokes, celery, salsify and American sweet corn (tinned) are excellent served in the same way. The tinned sweet corn requires no cooking and may be served without the sauce, moistened with a cupful of milk, covered with grated cheese and browned in a hot oven or under the grill.

Cauliflower Cream

This is a little less " ordinary " than cauliflower *au gratin*, and not more difficult to make.

Cook the cauliflower in boiling water with a little salt. Take off all the white and floury part, drain and beat with a fork until soft and creamy. Season well with salt and pepper. Then mix with it 2 tablespoonfuls of grated cheese, a little finely-chopped parsley, and a cupful of milk. Pour into a fireproof dish, scatter a few breadcrumbs and a little grated cheese on the top. Dot with 1 oz. of butter or margarine in small pieces and brown in a quick oven or under a gas grill.

Celery à l'Italienne

2 heads of celery; 2 ozs. butter; ½ pint of milk; 1 egg; salt; pepper; breadcrumbs.

Boil the celery, after cleaning it well, for ten minutes. Drain and put it in stewpan with the milk, half the butter, salt and pepper to taste, and stew very gently until tender. Allow it to cool. Add the egg well beaten and put the celery into a well-buttered fireproof dish. Cover with breadcrumbs and put on the rest of the butter in small pieces, and bake until a nice brown.

Onions in Casserole

1 doz. medium-sized onions; 1 oz. of butter; 1 pint of milk; 2 tablespoonfuls of tapioca; chopped parsley; pepper; salt.

Cook the onions in boiling salted water until tender. Then drain and put in a buttered casserole. Add the milk and the tapioca, the butter, pepper and salt, and about a tablespoonful of finely-chopped parsley. Cook in a moderate oven for three-quarters of an hour. Serve in the casserole.

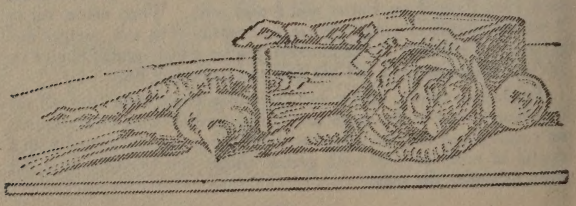
Potato Mould

Mash 1 lb. of well-cooked and dried potatoes with the same quantity of mashed carrot. Rub through a fine sieve, and mix well together with warm milk and nice piece of butter. Turn into a well-buttered mould and bake in a hot oven for fifteen minutes. Turn on to dish and return to oven until nicely browned.

Potato Soufflé

1½ oz. of butter; 1½ oz. of flour; 1 gill of milk; 4 eggs; 1 teacupful sieved potato; pepper; salt.

Melt butter in a stewpan. Add flour. Mix well. Pour in milk all at once, and stir until boiling. Cook for a minute or two. Add the sieved cooked potato and the well-beaten egg yolks. Season well with salt and pepper. Whisk the whites of eggs stiffly and mix in with the potato very lightly. Put into a buttered tin (that has a buttered paper tied around the outside coming two inches above the top). Cover with buttered paper, and steam gently forty-five minutes.



Savoury Potatoes

Fill a pie-dish with alternate layers of sliced raw potatoes and Spanish onions. Season with salt and pepper. Put a few small pieces of butter on the top. Cover with milk and water (three parts milk to one part water) and cook in a moderate oven for an hour. This is an excellent supper dish, or may be served with cold meat for lunch.

Smothered Onions

Scatter over the bottom of a buttered baking dish a layer of small onions which have been cooked whole in milk and water. Fill in all spaces with small white haricot beans, also cooked, or with bottled green peas or tomatoes. Pour over a cupful of thin white sauce, dot with small pieces of butter, brown in the oven and serve.

Timbales of Rice

½ lb. of rice ; 1 pint of milk ; salt ; pepper ; 1 oz. of butter ; 2 yolks of eggs.

Wash the rice well and put into a double saucepan with the milk, the butter, and seasoning. Cook until the rice is perfectly soft and all the milk absorbed. Remove from fire and stir in the yolks of eggs. Have ready some small dariole moulds, well-buttered ; fill them with the rice mixture. Place in a tin with hot water to come half-way up, and bake in a moderate oven for twelve minutes or until firm to the touch. Then unmould and serve as a garnish to any meat dish. They may be made more savoury by adding a little finely-chopped ham or tongue, or a little tomato sauce.

Vegetable Casserole

Brussels sprouts, small onions, potatoes cut in slices, carrots and turnips cut in dice, celery (outside leaves will do), shredded cold cabbage or cauliflower, and any other cold vegetable that wants using up.

Put all together into an earthenware casserole with about 1 oz. of butter or margarine, salt and pepper, and just enough milk and water to cover. Stew gently until the raw vegetables are soft. Blend a dessertspoonful of flour with a little cold milk. Pour in and bring to the boil. Serve in the casserole.

This is a most economical and satisfying dish, and very delicious. Any cold or cooked vegetables may be used—fresh tomatoes or celery are excellent for flavour, cold haricot or runner beans, potatoes and onions make a very good foundation.

Savouries

Cheese Custard

1 pint of milk; 2 eggs; ½ teaspoonful of mustard; 3 ozs. of Cheddar cheese; cayenne pepper and salt.

Beat up the eggs with the made mustard, pepper and salt. Warm the milk and pour over them. Add the cheese grated, and turn into a buttered pie-dish. Sprinkle some more cheese on top and bake in a moderate oven for thirty minutes. Serve hot with plain biscuits.

Cheese Pudding

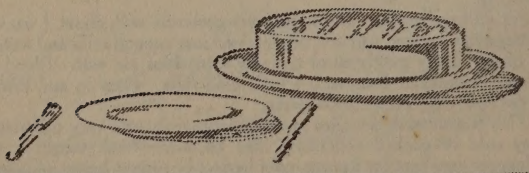
4 ozs. of breadcrumbs; 3 ozs. of grated cheese; 2 eggs; 1 pint of milk; salt; pepper; mustard.

Put milk into saucepan. Add the crumbs to it and bring to the boil. Then allow to cool a little. Add cheese and beaten yolks of eggs. Season with salt and pepper and a little made mustard. Whip the whites of eggs until very stiff and fold them into the mixture lightly. Pour into a well-buttered fireproof dish and bake in a moderate oven until well risen and a nice brown, about twenty-five minutes.

Curried Eggs

4 hard-boiled eggs; 1 oz. of butter; 1 onion; ½ pint of milk; 1 dessertspoonful curry powder; 1 teaspoonful of chutney; 1 teaspoonful of flour; salt; pepper; 2 tablespoons of cocoanut milk.

Melt butter in pan and add onion thinly sliced. Cook slowly for a few minutes until the onion begins to colour. Then add the curry powder, flour, chutney, pepper and salt, and cook a few minutes longer. Pour in the milk and stir until boiling. Then allow to simmer slowly for twenty minutes. Then add the eggs, each cut eight pieces lengthwise, and the cocoanut milk, and a squeeze of lemon juice. Make quite hot and serve in a border of rice. To make cocoanut milk put ¼ lb. dessicated cocoanut in a basin and pour over ½ pint of boiling milk, stirring occasionally, and let it infuse for thirty minutes, or longer. Any quantity can be made, keeping to these proportions.



Puddings

Notes on Cooking Milk Puddings

There is no pudding more nourishing and more digestible—both for children and grown-ups—than a baked milk pudding. And there is no reason, if it is properly cooked, why it should not be as delicious as it is wholesome. There are two rules to remember in making milk puddings: (1) Soak the grain used as long as possible before cooking; and (2) Cook *very slowly*. If these rules and the directions given below are followed, rice and other milk puddings will be creamy, light and delicious, easily digested and full of nourishment.

Boston Milk

1 pint of milk; 1 oz. flour; 1½ oz. Demerara sugar; ½ oz. butter; pinch cinnamon; ½ glass sherry.

Bring the milk slowly to the boil. Mix the flour (a light ounce) smoothly and thinly with a little cold milk, and strain into the milk, stirring all the time, and continue doing so until it boils and tastes creamy. Then add sugar, butter, cinnamon, and sherry. Mix well and serve very hot in warmed porridge plates.

Baked Dundee Pudding

Slices of stale bread and butter; ½ cupful of orange marmalade; 1 pint of milk.

Spread each slice thinly with marmalade and put in layers in a pie-dish. Pour the milk on and let it stand for half an hour. Bake in a slow oven three-quarters of an hour.

Bun Pudding

4 stale small buns; 1 pint of milk; 2 ozs. of butter; 2 eggs; sugar to taste; nutmeg.

Slice the buns, butter them and also a pie-dish. Lay the slices in the dish, adding a few currants if liked. Beat the eggs. Add the milk to them and sugar to taste. Pour over the buns and let it stand for half an hour. Grate nutmeg over the top and cook in a moderate oven until set and a nice brown colour.

Caramel Custard

12 lumps of sugar; ½ cupful water; 1 pint of milk; 2 eggs, or 1 egg and 1 teaspoonful of cornflour.

Put the sugar and water on together in a saucepan, and cook rapidly until the sugar is quite brown. Pour into a round cake tin and allow the caramel to set. In a basin break 2 eggs, stir with a wooden spoon, pour on 1 pint of milk, stir thoroughly. Pour this mixture into the prepared tin, stand it in a baking tin half full of water and bake in a slow oven until the custard sets—about three-quarters of an hour should be enough. Be very careful not to cook too quickly or the custard will break. It should be perfectly smooth and even all through—like a light jelly. If you use the more economical recipe, blend the cornflour with a little cold milk and stir into the custard before it goes into the oven.

Caramel Sponge

4 sponge cakes; ¼ lb. castor sugar; juice of lemon; ½ pint milk; 2 eggs; 2 tablespoonfuls water.

Put the sugar, lemon juice and water into a small pan. Heat slowly without stirring, and cook until the syrup is a light brown and thick. Pour it into a mould, and stand the mould in a basin of very cold water to set the caramel. When it is set fill the mould with fingers of sponge cake, put in cross bars. Beat the eggs. Mix with the milk, and pour over the sponge cake. Cover with buttered paper, and steam very gently for one hour. Cut 2 ozs. of blanched almonds in fine strips, and when the pudding is turned on to dish, scatter the almonds over the caramel.

Children's Pudding

7 small sponge cakes; ½ cupful of raspberry jam; ½ cupful of marmalade; 1½ pints of milk; 1 egg; 1½ teaspoonfuls cornflour; 2 tablespoonfuls of sugar.

Cut the sponge cakes in two, spread half with jam and half with marmalade and put into a deep dish. Moisten with a little cold milk, or, if you have any at hand, some fruit juice. Blend the cornflour and sugar with cold milk to a thin cream. Bring the rest of the milk to the boil and pour over. Return to the pan and cook for ten minutes, stirring all the time. Have the eggs slightly beaten in a basin. Add the cornflour mixture to it and stir well; return to the pan and cook gently for a few minutes, but do not allow to boil or the egg will curdle. Pour hot over the sponge cakes, and serve either hot or cold.

Chocolate Mousse

3 ozs. powdered chocolate; 3 ozs. sugar; 1 oz. gelatine; 3 eggs; 1 pint of milk; ¼ pint cream.

Soak the gelatine in a little of the milk and warm until melted. Mix chocolate and sugar with the rest of the milk and the beaten eggs, and heat over fire, stirring all the time until it forms a thick, smooth custard. Add the strained melted gelatine and leave to cool. When just about to set, whisk the cream to stiff froth, and add a spoonful at a time, beating in well and continue beating until it thickens. Pour into wetted mould and leave to set.

Cocoanut Rice

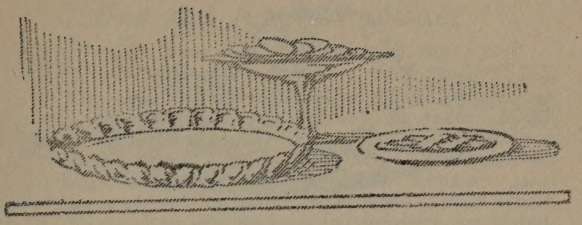
Make in the same way as plain rice pudding, adding a tablespoonful of dessicated cocoanut, and omitting the vanilla. Soak the cocoanut and the rice together in the milk before cooking.

Tapioca, sago and barley kernels can all be used in the same way.

Custard Tartlets—*Short Crust*

¼ lb. flour; 2 ozs. butter or margarine; pinch of castor sugar; ½ teaspoonful of baking powder; milk or milk and water to mix.

Short crust mixed with milk melts in your mouth—it is delicious.



crumbly and very light. Sift the flour and the baking powder and sugar into a large bowl. Rub the fat in lightly with the tips of the fingers. Make a well in the middle, and add milk, or milk and water, very gradually, using the smallest possible quantity, until you have a dry, firm dough. Turn out on to a lightly floured board, roll out fairly thick, cut out a number of rounds with a tin box lid, if you have no pastry cutter, and press them lightly into little patty pans. Fill with custard mixture made with a cupful of milk, ½ teaspoonful of cornflour, 1 egg and a little sugar. Bake in a fairly quick oven.

French Pancakes

2 ozs. butter; 2 ozs. sugar; 2 eggs; ½ pint milk; 2 ozs. flour; pinch salt; jam; vanilla essence.

Beat butter to a cream. Beat eggs to a froth, and add to the butter with the sugar and salt. Mix well. Add half the flour and half the milk. Beat well and add the other half. Flavour to taste with either vanilla or grated lemon or orange rind. Butter four or five saucers, half fill them with the mixture, and bake in a moderate oven ten to fifteen minutes. Turn out one of these puddings on to hot dish, cover with warmed jam, lay another pudding on top, then more jam, and repeat until all are used. Sift sugar on top and serve quickly or they may be turned on to sugared paper and folded like an omelet with jam in centre.

Frumenty—*A West Country Dish*

1 pint of whole wheat; 1½ pints of milk; yolks of 2 eggs; 3 ozs. of stoned raisins; brown sugar to taste.

Wash the wheat, cover with water and leave to soak all night. Cook in a double saucepan for three hours, with just enough water to cover, and a pinch of salt. As the water boils away, add gradually 1 pint of milk. When the grain is quite soft, add the rest of the milk and the raisins and stir in the yolks. Cook very gently for another ten minutes. This old-fashioned country dish is satisfying and nourishing for the cold weather.

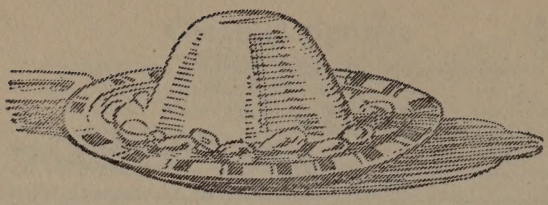
Junket

1 quart of milk; 1 dessertspoonful prepared rennet; sugar to taste; grated nutmeg.

Heat the milk to blood heat, no more. Add the sugar, stir in the rennet, and pour at once into a glass dish or into small custard glasses. Grate a little nutmeg on the top. A little whipped cream put in lumps over the junket is a great improvement.

The important thing to remember is that the milk must *never* get hot—only just warm—or the curd will not set.

COFFEE JUNKET is made in exactly the same way, with the addition of a few spoonfuls of coffee essence or strong black coffee—just enough to colour and flavour.



Milk Jelly with Fruit

1 pint of milk; ½ oz. sheet gelatine; sugar to taste; ½ oz. glace cherries; vanilla essence; carmine.

Cut cherries into small pieces, carefully melt the gelatine in four tablespoonfuls of hot water—on no account must it boil. Warm the milk and strain the gelatine into it. Add the sugar, vanilla to taste, and cherries and few drops of carmine to make a delicate pink. Keep mixture in basin until about to set, stirring often to prevent the cherries going to the bottom. Then pour into a wetted mould and leave until set. To turn out dip the mould quickly through warm water, shake it downwards on to left hand and slip on to dish.

Orange and Cornflour Delight

1 pint of milk; 1½ ozs. cornflour; 1 egg; 1 orange; sugar.

Wipe the orange and very finely peel it. Add peel to the milk and let it simmer until well-flavoured with orange. Mix cornflour very smoothly with a little cold milk. Strain the boiling milk on to it. Stir well, then return to saucepan and stir over fire until boiling. Cool for a few minutes. Then add sugar to taste and the egg yolk. Beat well and turn into well-buttered pie-dish. Whisk white of egg very stiffly and add very lightly. Bake in a quick oven until well risen and delicately browned. Use 2 eggs if small.

Orange Cream

Boil the thinly-cut rind of 4 oranges in 1 pint of milk and a ½ lb. of sugar for ten minutes. Remove from fire and stir in ½ oz. gelatine melted in a little water. Strain and let the cream become cold. Then begin to whisk and as it begins to set add by degrees the strained juice of the oranges and 1 lemon. Continue whisking until the cream becomes a white light froth and is beginning to set. Turn into a quart wetted mould and leave for five or six hours.

Pancakes

Beat the yolks and whites of 2 eggs separately, put both in a basin with a pinch of salt, and mix in very carefully 2 ozs. of flour and ½ pint milk. Mix slowly into very smooth batter. Melt a little lard in small frying pan. Pour in enough batter to cover pan and fry on each side a delicate brown. Turn on to a sugared paper. Roll up quickly and serve with cut lemon and sugar.

Plain Rice Pudding

2 level tablespoonfuls of Carolina rice; 1 pint of milk; vanilla pod; 1 tablespoonful castor sugar.

Soak the rice in the milk for at least one hour. Put into a pie-dish with the vanilla pod and cook in a slow oven from two to three hours. Remove the vanilla pod before serving, wash in cold water and dry in the sun. It can be used over and over again.

Rice and Apple Pudding

1½ pints milk; 3 ozs. rice; 2 tablespoonfuls sugar; rind lemon; 1 lb. apples; 2 ozs. butter.

Wash rice, put in pan, cover with cold water and bring to boil. Then strain, put into pan with the milk and cook slowly until soft and thick. Add sugar and grated rind of ½ lemon. Then leave to cool. Peel and slice apples and stew with the butter and grated rind of half lemon until soft—and like marmalade. Sweeten to taste. Butter plain mould and coat it with brown sugar. Line it with the rice and fill the centre with the apple and remaining rice inlayers. Bake in good oven until the sides are brown, and then turn out and serve with nice sauce.

Semolina Mould with Fruit

1 quart milk; ¼ lb. semolina; vanilla essence; sugar.

Bring the milk to the boil. Then shake in the semolina, and stir whilst boiling until thick and creamy. If it becomes thick and rocky looking add more milk. Add sugar to taste and any flavouring liked and pour into a wetted mould. Leave until cold. Then loosen the edges and turn the mould on to a glass dish. Put heaps of nicely stewed fruit with a little syrup around and serve a nice custard sauce with it. The semolina mixture can be coloured a delicate pink if liked with a few drops of carmine.

Tapioca Cream

1½ tablespoonfuls tapioca; 1 pint of milk; 1 tablespoonful castor sugar; vanilla pod; 1 gill of cream.

Soak the tapioca in milk. Put into a double saucepan with sugar and vanilla pod and cook gently for an hour. Remove vanilla pod and leave the tapioca to get cold. Whip the cream in a large basin, stir the tapioca into it. Pile into a glass dish and decorate with a few ratafia biscuits and one or two crystallized cherries. This is an excellent dish for children's parties, and is always popular.

Vernon Pudding

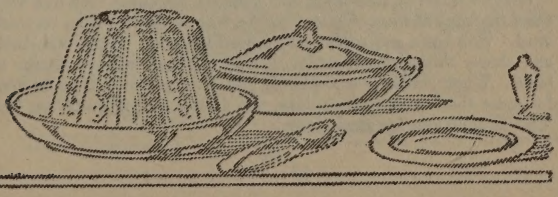
1 pint milk; 2 ozs. creme de riz; 2 ozs. ground almonds; 1½ ozs. sugar; 2 eggs; marmalade.

Mix the rice smoothly with a little of the milk and bring the rest to the boil, and pour over the rice. Add the almonds, sugar and well-beaten eggs. Pour into well-buttered dish and bake twenty minutes. Serve hot with a layer of marmalade on top.

Walnut Pudding

¼ lb. breadcrumbs; 1 pint milk; ¼ lb. shelled walnuts; 2 ozs. sugar; 2 eggs; grated lemon rind.

Put the crumbs into basin with sugar and a little grated lemon rind. Heat milk and pour over them. Put the walnuts into the oven for a few minutes, and then chop them finely. Mix with the crumbs. Add yolks of eggs and mix well. Whisk whites to a very stiff froth and add lightly to the mixture. Pour into buttered pie-dish and bake in moderate oven thirty minutes. Some nice jam may be put at bottom of pie-dish.



Sour Milk Recipes

What to do with Sour Milk

Do not forget that *all* scones, cakes and breads can be mixed with sour milk, if you have any that wants using up. Their flavour will be just as good, and the acid in the milk helps to make them light.

Brown Scones

6 ozs. flour; ½ lb. wheaten meal; ½ teaspoonful carbonate soda; 1 teaspoonful cream of tartar; 2 ozs. sultanas; pinch salt; 3 ozs. margarine; sour milk.

Sieve the flour with cream of tartar and soda and salt. Rub margarine in lightly, and use enough sour milk to form stiff dough, adding the fruit first. Knead well. Form into round and mark with knife into scones, and bake in hot oven fifteen to twenty minutes.

Cinnamon Cookies

1 egg; 2 ozs. butter; 2 ozs. sugar; ½ teaspoonful of carbonate of soda; ½ cup of sour milk; a little powdered cinnamon; a cupful of flour.

Dissolve the soda in the sour milk. Cream butter and sugar together. Add beaten egg and flour alternately until all are absorbed. Lastly add the cinnamon and the soda dissolved in the milk. Roll out fairly thin on a floured board. Cut into rounds, squares and triangles and bake fifteen to twenty minutes in a fairly hot oven. Sprinkle with castor sugar before serving.

Cream Cheese (for Sour Milk)

Leave the sour milk in jug for three or four days, until it is so solid that it can be cut with a spoon. Make a bag of fairly fine muslin and wring through warm water. Then turn the milk into it and hang up with basin underneath to catch the whey. Leave until it ceases to drip, about two days. Then take down, turn bag inside out, and remove all the thick cream. Salt it nicely mixing with a silver knife. If liked, celery salt may be used and pepper added. Then form into square or round cheeses with butter pats.

Plain Sour Milk Scones

½ lb. flour; 1 teaspoonful cream of Tartar; ½ teaspoonful carbonate of soda; good pinch salt; 2 ozs. lard or butter; 1 egg; sour milk.

Sieve the flour with cream of tartar, carbonate of soda and the salt. Rub the fat in lightly. Add egg well beaten, and enough sour milk to form stiff dough. Knead on floured board until perfectly smooth. Form into scones, and bake in hot oven fifteen to twenty minutes.

Potted Cheese (for Sour Milk)

Drain 1 quart of sour milk, and measure the curds, and mix with them the same amount of grated cheese, which should be of a very soft kind. Rub basin and spoon with a bead of garlic. Then mix curds and cheese thoroughly together, adding salt and cayenne pepper to taste. When perfectly smooth, fill into pots, and if it is to be kept for more than three or four days, run a little melted butter on top. This is delicious for sandwiches.

Raisin Cake

1 lb. flour; ¼ lb. butter or dripping; ½ lb. seedless raisins; ¼ lb. granulated sugar; 1 teaspoonful carbonate of soda; sour milk.

Sieve flour and soda. Rub in fat. Add the sugar and fruit, and make into dough with about ½ pint sour milk. Turn into buttered cake tin and bake in moderate oven one hour. For a Seed Cake, the method is the same, using dessertspoonful caraway seeds, and 2 ozs. shredded candied peel instead of raisins.

Soda Bread—made with Sour Milk

1 lb. flour; 1 small teaspoonful salt; ½ teaspoonful carbonate of soda; ½ teaspoonful cream of tartar; ½ pint of sour milk.

Mix the flour with the salt, soda and cream of tartar. Sift altogether into a basin. Mix with the sour milk. Make into a flat cake, or into eight or twelve little rolls, and bake in a moderate oven until risen and browned. When cooked the bread should be firm and light, and sound hollow when the bottom is tapped.

Time.—For one large cake, about three-quarters of an hour; for small rolls, about twenty minutes.

Sour Milk Scones

½ lb. flour; 1 oz. butter; 1 oz. castor sugar; 1 tablespoonful of Paisley flour; ½ pint sour milk or butter-milk.

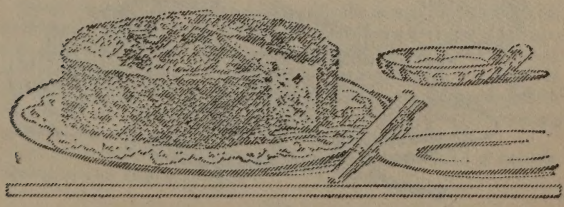
Sift the Paisley flour, flour and sugar into a basin. Rub in the butter, and mix with the milk to a light dough. Roll out lightly on a floured board, cut in rounds, squares or triangular pieces—be as quick as possible over this—and bake in a hot oven about fifteen minutes. Before they are quite cooked brush the top of each lightly with a little milk. Butter and serve hot.

Cakes, Scones and Milk Bread

Cream Buns

½ pint milk; 1 tablespoonful castor sugar; 2 ozs. butter; 5 ozs. flour; 2 eggs; 1 gill whipped cream, or thick custard.

Put the milk, butter and sugar into a saucepan and bring to the boil. Add the flour and stir over the fire for a few minutes. Draw the pan off the fire and beat in the eggs, one at a time. Put the mixture in small heaps on a greased tin, and bake in a moderate oven until golden brown (about twenty to thirty minutes). Split open and remove a little of the soft centre and fill with whipped cream or thick custard. Dust with icing sugar.



London Buns

½ lb. flour; 3 ozs. butter, margarine or dripping; 1 tablespoonful sultanas; 1 tablespoonful currants; 1 oz. candied peel, chopped; 1 teaspoonful baking powder; 1 egg; 2 ozs. brown sugar; cupful of milk; pinch of salt.

Sift the flour, salt and baking powder into a basin. Rub in the fat. Add the fruit, picked and cleaned, the sugar, and the candied peel, finely chopped. Beat the egg into the milk and mix into a fairly soft dough. Form into a roll on a floured board. Cut into eight or twelve pieces of equal size, make into little round balls and put on to a greased tin. Brush the top of each lightly with a little milk and bake in a quick oven for twenty to thirty minutes. Serve hot for tea.

Milk Bread

2 lbs. flour; 1 pint of warm milk; 1 oz. yeast; 1 oz. melted butter; 2 teaspoonfuls sugar; pinch of salt.

Dissolve the yeast with the sugar and a little warm water. Add the butter, melted, and the milk. Stir into this 2 cupfuls of flour. Beat well and set to rise in a warm place for an hour. When risen, work in the rest of the flour, sifted with the salt, and knead well. Set to rise again for an hour and a half. Then knead again, form into loaves, set on a greased baking tin or in floured tins. Prove in a warm place half an hour, brush the top of each loaf with milk and bake half-an-hour in a moderate oven.

Sally Lunns

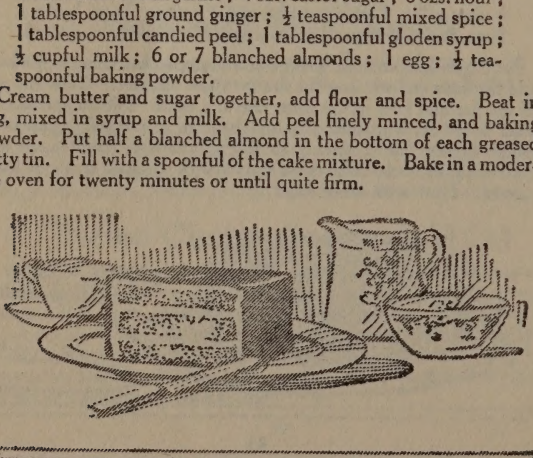
1 lb. of flour; 2 oz. butter or margarine; 1 oz. baker's yeast; 1 oz. castor sugar; 1 egg; ½ tablespoonful of salt; ½ pint of warm milk.

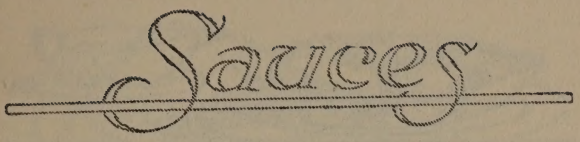
Warm the flour, cream yeast and sugar together, beat the egg slightly and mix with the yeast and the milk, which should be only just warm. Rub the butter into the flour, add a pinch of salt, then make a well in the middle, pour in the yeast mixture and mix with the hands into a light dough. Leave in a warm place to rise for an hour and a half. Divide into four, knead lightly and put into greased cake tins to rise for another hour. Keep warm, brush over the tops with a little milk or melted butter and bake twenty minutes in a hot oven. Split open, toast and butter well, and serve for tea.

Spice Cakes

4 ozs. butter or margarine; 4 ozs. castor sugar; 6 ozs. flour; 1 tablespoonful ground ginger; ½ teaspoonful mixed spice; 1 tablespoonful candied peel; 1 tablespoonful gloden syrup; ½ cupful milk; 6 or 7 blanched almonds; 1 egg; ½ teaspoonful baking powder.

Cream butter and sugar together, add flour and spice. Beat in egg, mixed in syrup and milk. Add peel finely minced, and baking powder. Put half a blanched almond in the bottom of each greased patty tin. Fill with a spoonful of the cake mixture. Bake in a moderate oven for twenty minutes or until quite firm.





Sauces made with Milk

Almond Sauce

½ pint of milk; 1 teaspoonful cornflour; 2 ozs. ground almonds; a little almond essence; castor sugar to taste.

Make in the same way as lemon sauce, adding the ground almonds and almond essence after the sauce has boiled.

Bread Sauce

½ pint of milk; 2 large tablespoonfuls of breadcrumbs; ½ oz. butter; small onion, stuck with 2 cloves; salt and pepper.

Simmer the onion gently in the milk for ten minutes or so. Then pour over the breadcrumbs. Season, and leave on the side of the stove, or on a simmering ring, for twenty minutes. Remove the onion. Add the butter. Bring to boiling point, and serve in a hot sauce tureen.

Cheese Cream Sauce

Take half a small cream cheese and put into a basin with the same quantity of grated cheese, salt and pepper, and a dash of made mustard. Stir with wooden spoon until perfectly mixed. Then add drop by drop cold milk, working it in just as if adding oil for Mayonnaise sauce, if done too fast it will curdle. Continue adding the milk until it will pour easily. This makes a delicious salad dressing, or is nice on cold fish or cold vegetables. If made without condiments it is a good accompaniment to baked apples.

Chocolate Sauce

1 teaspoonful of cornflour; 2 oz. of chocolate; ½ pint of milk; vanilla; sugar to taste.

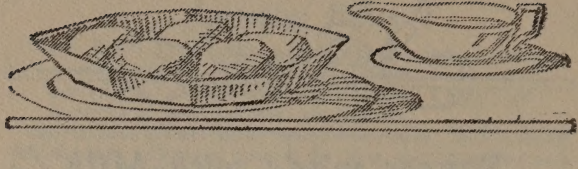
Heat the milk with vanilla pod (if you have one, if not, add a few drops of vanilla essence after the sauce is made). Put cornflour, finely grated chocolate and castor sugar into a basin, blend smoothly with a little cold milk, pour boiling milk over and mix well. Take out vanilla pod, return to the saucepan and cook gently ten minutes. Serve hot or cold.

Custard Sauces

½ pint milk; 1 egg; 1 tablespoonful castor sugar; vanilla essence.

Break the egg into a basin. Mix with the sugar. Bring the milk to the boil and pour over. Pour into a small saucepan set in a larger pan, one-third full of boiling water, and stir till the sauce thickens. Add a few drops of vanilla and serve. A vanilla pod dropped into the milk while it is coming to the boil gives a more delicate flavour than vanilla essence. Remove the pod from the milk before pouring on to the egg and dry it; it can be used over and over again.

To serve with Christmas pudding, add a tablespoonful of brandy, sherry, or rum before serving.



Egg and Bread Sauce

1 egg; 1 dessertspoonful breadcrumbs; 1 gill milk; 1 teaspoonful butter; 1 clove; tiny blade mace; salt; pepper.

Put milk in small pan. Add crumbs, butter and seasoning, and cook gently at side of fire for ten to fifteen minutes. Then take out clove and mace. Pour sauce into small dish. Break the egg in the centre and bake in oven until egg is set—five or six minutes.

Savoury Sauces

To serve with vegetables, meat and fish.

SIMPLE WHITE SAUCE.—Served with all cooked white vegetables, boiled fish, creamed chicken and veal, etc.

1 oz. flour; 1 oz. butter or margarine; ½ pint milk; salt and pepper, and lemon juice to season.

Melt the fat in a small saucepan. Add the flour, and work together with a wooden spoon, gradually stirring all the time. Add the milk. Bring to the boil. Cook gently for five minutes. Season with salt and pepper, and a squeeze of lemon juice.

This is the foundation for a great many sauces, for example :—

ANCHOVY SAUCE.—Add 1 teaspoonful of anchovy essence and a few drops of cochineal. Be careful with the salt for this sauce.

CAPER SAUCE.—White sauce with 1 tablespoonful of chopped capers and a little of the liquor from the bottle. Serve with boiled mutton.

CELERY SAUCE.—White sauce in which a couple of sticks of celery, finely shredded, are stewed for twenty minutes. Serve with boiled fowl or roast fowl.

CHEESE SAUCE.—Pour hot white sauce over a tablespoonful of grated cheese.

DUTCH SAUCE is white sauce with 1 egg and a tablespoonful of lemon juice or white vinegar added. Serve with asparagus, sea-kale, salsify, cauliflower, celery, fried fillets of fish or baked fish.

EGG SAUCE.—White sauce, with a hard-boiled egg, chopped, stirred in before serving. Serve with boiled cod, fresh or salt, steamed haddock, etc.

MUSTARD SAUCE is white sauce with a large teaspoonful of made French or English mustard stirred in just before serving. Serve with boiled or grilled fish—mackerel or herring.

ONION SAUCE.—White sauce with the addition of a small onion, cooked separately and finely chopped.

PARSLEY SAUCE.—Add a tablespoonful of chopped parsley to white sauce. Serve with boiled chicken or rabbit.

TOMATO SAUCE.—Make a purée by cooking 2 or 3 fresh tomatoes, cut in quarters, till soft, with ½ oz. butter or margarine, 1 small onion, a sprig of parsley, and a pinch of herbs, and rubbing through a sieve or a fine gravy strainer. Make a white sauce as described above. Add the tomato purée and season with salt and pepper and a pinch of castor sugar. Colour with a few drops of carmine or cochineal.

Sweet Sauce

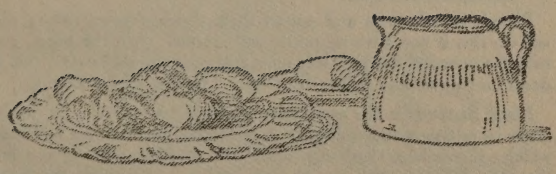
The same white sauce forms the foundation of a good many of these, sweetened with castor sugar, and with a few drops of flavouring essence—vanilla, almond, lemon or pineapple—to taste. This simple sauce can be served with all boiled or steamed puddings.

With fruit tarts and stewed fruits of all kinds serve.

Lemon Sauce

Rind and juice of 1 lemon; 1 tablespoonful of cornflour; ½ pint of milk; castor sugar.

Mix the cornflour and sugar to a thin paste with a little of the milk, bring the rest of the milk to the boil, and pour over, stirring all the time. Pour into a saucepan and stir until it boils. Cook ten minutes, stirring constantly. Add grated lemon rind and juice. Serve with lemon pudding, boiled or baked.



Milk Drinks

Milk Drinks—*Hot*

Egg Flip.

1 dessertspoonful of lemon juice or 1 tablespoonful brandy; ½ pint of hot milk; 1 new-laid egg; 1 dessertspoonful castor sugar.

Separate the yolk, mix it with the sugar and the lemon juice or brandy. Bring the milk to the boil and pour over. Beat the white stiffly and pile on top.

Egg Nog.

1 egg; 1 tablespoonful rum; 1 tablespoonful sugar; ½ pint of milk; nutmeg.

Beat the yolk and the sugar and rum all together in a basin. Whip the white separately to a stiff froth. Bring the milk to the boil and pour over the yolk. Beat until it froths all through. Pour into a glass, drop the white on the top and grate a little nutmeg or cinnamon or other spice over.

Milk Posset—very good for colds.

½ pint of milk; 1 tablespoonful golden syrup.

Bring the milk to the boil and stir in the golden syrup. Children love this drink—give it to them *in bed* at night to relieve a cold in the head, or to induce restful sleep.

Another Milk Posset—for grown-ups.

½ pint of milk; a liqueur glass of rum; 1 lump of sugar.

Boil the milk and pour over the rum and sugar. This is an excellent old-wives' remedy for a sore throat or cold on the chest.

Hot Egg Milk.

1 egg; 2 teaspoonfuls of sugar; 1 tablespoonful of cream; glass of hot milk.

Beat the egg whole with the sugar, pour hot milk over and top with cream. Very sustaining for a cold day.

Milk Drinks—*Cold*

Fresh Almond Milk.

4 ozs. sweet almonds; 4 bitter almonds; 1 quart milk; 1 tablespoonful sugar.

Blanch the almonds and pound them thoroughly—a rolling pin will do this if you have no pestle and mortar. Add the sugar, put with the pounded almonds into a jug and pour the milk over. Let it stand for half an hour before drinking. This is good for coughs.

Milk Blossom is the name given in America to iced milk drinks made by adding a spoonful of fruit syrup to a glass of milk and soda water. Grenadine, raspberry, strawberry and pineapple syrups are the most delicious, and any of these makes a nourishing and most refreshing drink.

Milk Punch.

½ pint of fresh milk; castor sugar to taste; 2 tablespoonfuls of brandy.

Serve very cold with crushed ice.

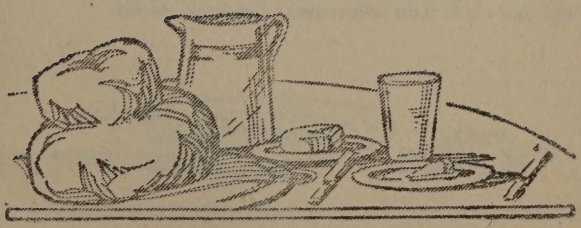
Milk Punch for Invalids.

One half pint of milk, well sweetened with castor sugar, half a wineglassful of rum added. Stir well together and stand on ice. Grate a little nutmeg on top of the glasses and serve with straws.

Hot Weather Milk Drinks.

Delicious milk drinks for the hot weather can be made by adding a tablespoonful of ice-cream to a glass three-quarters full of milk and filling up with soda water or ginger ale. If you have no ice machine at home the "ice-cream bricks" sold by several big catering firms are excellent used in this way.

For a sustaining and delicious hot weather drink try Frosted Chocolate. Make a half pint of cocoa with milk, and let it get quite cold. Stand on ice for a little while, beat with an egg whisk, pour into a glass and top with whipped sweetened cream. Cocoa left over from breakfast may be transformed in this way into a delicious and thirst-quenching drink.



Invalid Cookery

Milk Jelly

1 calf's foot; 2 ozs. sugar; 1 pint milk; 1 bay leaf; rind of half a lemon.

Cut the foot into four pieces, splitting the hoof piece in two. Wash and scrape well in basin of hot water. Cover with cold water in pan and bring quickly to boil. Then pour water away and rinse pieces in cold water. Then put them in jar with other ingredients and steam for five hours. Strain and leave until cold. Remove any fat from top, and it is ready to serve.

Nourishing Milk

Put small teaspoonful of cornflour in a basin and mix with it gradually a cupful of fresh milk. Turn into a saucepan and stir until boiling and cook for at least five minutes. Add any flavouring fancied, and two tablespoonfuls of cream. Sugar to taste, and just before serving stir in lightly a stiffly-beaten white of egg. Care must be taken not to make the cornflour too thick—it must be thin enough to drink. Add more milk if necessary.

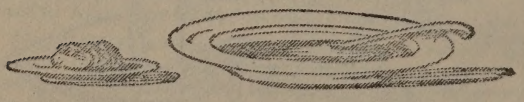
Oatmeal Drink

Put 1 tablespoonful of oatmeal into a basin with 1 breakfastcupful of milk and mix. Cover and stand for one hour. Then stir with a spoon and strain milk into a pan, pressing the oatmeal as dry as possible. Season with salt and stir over fire until boiling. Then simmer for ten minutes, and if too thick add a little more milk. Add a little piece of butter at the last, and wine or brandy if liked, or sugar may be added.

Poached Egg in Milk

1 new-laid egg; 1 teacupful milk; pinch salt; 1 teaspoonful butter; round of buttered toast.

Melt butter in pan. Add milk with pinch of salt, and bring almost to the boil. Break the egg in a cup and slip very carefully into the milk. Poach very gently from three to four minutes until set. Take up and place on a neat round of buttered toast on a hot plate, and pour a little of the milk around. Serve very quickly.



ISSUED BY THE NATIONAL
MILK PUBLICITY COUNCIL,
27 SOUTHAMPTON STREET. W.C.2

Printed by FRENKELS (1922 LTD., London